

Hawaii MARINE SPORTS

HAWAII MARINE C SECTION

OCTOBER 21, 2005

Klipper offers clinics, lessons

Sgt. Joseph A. Lee
Sports Editor

Department of Defense cardholders who want to learn the game of golf are just a par-four away, with the assistance of Professional Golf Association teaching professional Stephen Burke and other golf instructors at the Kaneohe Klipper.

With the help of these professionals, the Kaneohe Klipper golf course, located here on Marine Corps Base Hawaii, Kaneohe Bay, offers regularly scheduled group golf clinics and individual lessons for any age and any skill level of golfer, according to Burke.

For the ladies interested in learning the basics of golf, a five-week Ladies Golf Clinic will begin Oct. 29 from 9 to 10 a.m. Taught by Burke, this in-depth clinic is designed to teach even the most novice of players the basics of golf fundamentals, short game, rules and etiquette.

"The clinic offers students a better understanding of how to manage their way around the golf course," said Burke, 12-year golf pro. "Through course management, our students can get the most out of their abilities."

Burke, who works one-on-one with each student in the \$90 clinic, is a certified PGA teaching professional, who began playing golf at the age of 18 while attending college in California.

"My roommate actually got me into it," said Burke of his career. "He played golf

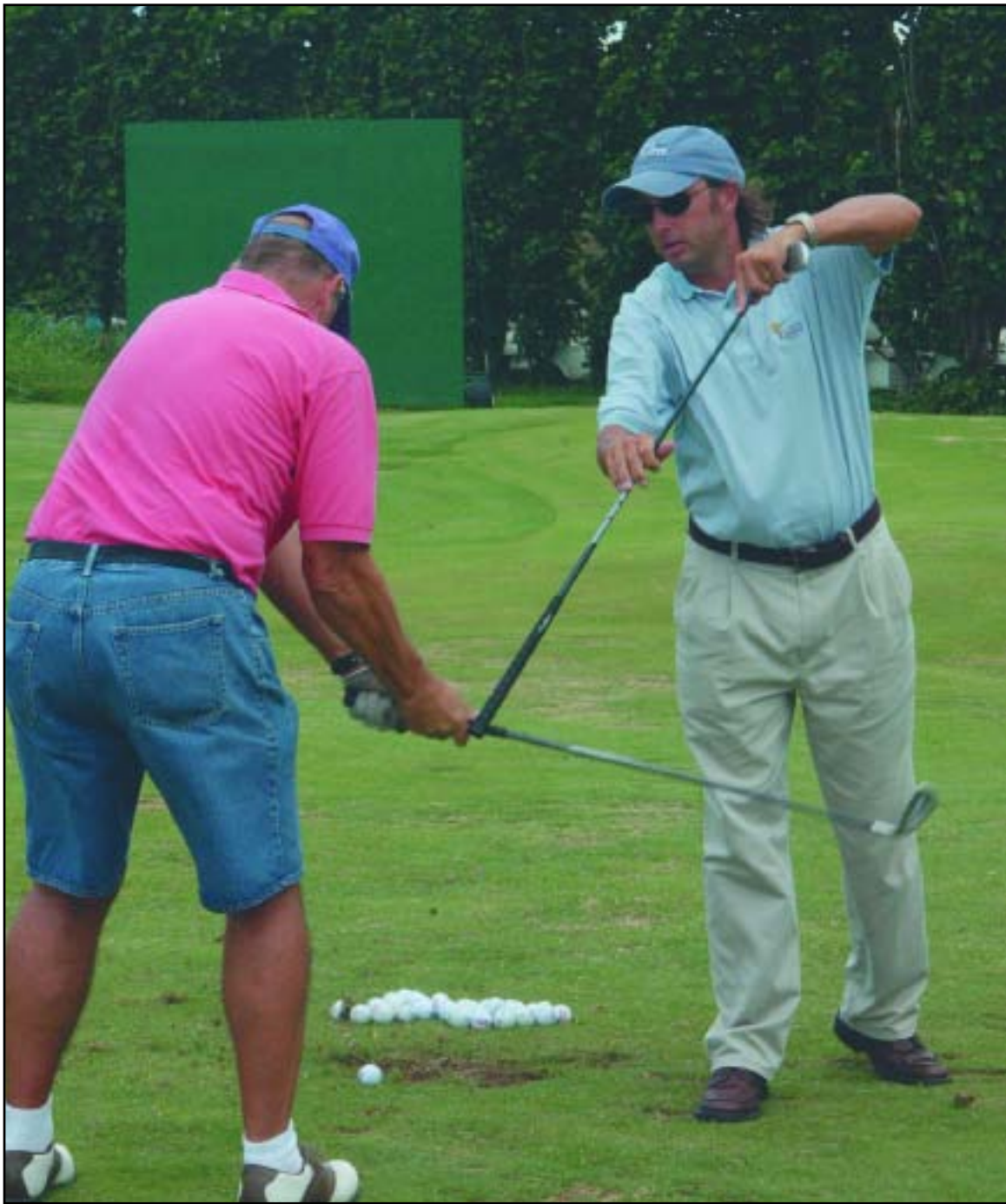
at the collegiate level, and he took me to the range one time and I was hooked."

His first teacher, PGA Tour professional Bobby Harris, began teaching Burke, and he has never put the clubs down since. The road to becoming a teaching professional in the PGA is not an easy one, according to Burke. The education the PGA puts its professionals through could be as long as eight years. After becoming a professional, Burke started teaching at Kapalua Golf Course on Maui and was the head professional at Coral Creek Golf Course in Ewa Beach, Hawaii, but claims to have found his happiness here at MCB Hawaii.

"I love teaching," said Burke. "As a PGA pro, sometimes your job at a golf course can get pretty involved with the management of the golf course itself — I'm not really into all that stuff. I just want to teach people how to play the game."

Also offered at the Kaneohe Klipper is the Junior Clinic, taught by Mourice and John Radke. This course, for 7 to 17-year-olds, is offered every seven weeks, with the next clinic beginning Nov. 16. The cost for the Junior Clinic is \$175 for new students and \$125 for returnees. The clinic is five weeks long with classes twice per week and a tournament at its conclusion.

According to Burke, the clinic is rarely full, and walk-ons are welcome on the morning of Oct. 29. For more information about the different clinics offered by the Kaneohe Klipper, or to sign up for individual lessons, call 254-1745.



Stephen Burke, teaching professional at the Kaneohe Klipper golf course, gives a private golf lesson to Paul Glaza, a retired Navy master chief. Burke will be teaching the five-week Ladies Clinic that begins on Oct. 29.

Cpl. Jessica Mills



Lance Cpl. J. Ethan Hoaldridge

The Headquarters Battalion Warriors (right) faced off and defeated the Camp Smith Bandits in their second meeting in the 2005 intramural season. Still undefeated, Headquarters Battalion has kept one step ahead of their two biggest threats this season, MAG-24 and Camp Smith.

Warriors defeat Raiders in base pigskin rematch

Lance Cpl. J. Ethan Hoaldridge
U.S. Marine Corps Forces, Pacific, Camp H.M. Smith

U.S. MARINE CORPS FORCES, PACIFIC, CAMP H.M. SMITH, Hawaii — In a battle of the defenses, the Warriors of Headquarters Battalion slipped by the Camp Smith Raiders with an 8-6 win in an intramural football game at Bordelon Field, Oct. 19.

Forty seconds left in the game and a two-point difference in score. Anything could happen, but then the shrill of a referee's whistle and the game was called.

The clock ran out as a penalty was called, and the referees had to put time back on the clock. Fourteen seconds were replaced on the clock, and Camp Smith sidelines were in an uproar. The Raiders were robbed of 25 seconds.

After the discrepancy was discovered, the referees called the game, leaving 40 seconds unplayed.

Camp Smith's running game showed promise in the beginning of the first quarter, as Rodney McCullough, Raiders running back, bowled through the Warriors' defensive line, but the Warriors' defense began to shut down Camp Smith's running game.

After Camp Smith's quarterback, Marlon Cummings, was sacked on the one-yard line, the Raiders attempted to punt but lost control of the snap.

The Warriors took a 2-0 lead after getting the safety, with less than four minutes left in the first quarter.

Gary Goss, Warriors quarterback, struggled with his passing game as Camp Smith's defense shut down the passing lanes causing him scramble throughout the game.

Half way through the second quarter, Aaron Ilaoa, Warriors' defensive captain, intercepted Cummings' pass and ran it back to the five-yard line, leaving them within striking distance.

Camp Smith held the Warriors with their stellar defense for four straight downs and then the half came to a close.

The Raiders still could not develop any offense in the beginning of the third quarter, which resulted in a fumble in the end zone which Ryan Giesbrecht, Warriors' defensive end, recovered for six points to tack on the board.

Camp Smith now down eight points, started a determined march up the field, bringing it to 10-yard line.

Cummings lofted a pass up to Raiders' tight end, Jeremiah Coil, for their first score of the game with three minutes left in the third quarter. The Raiders went for the two-point conversion to tie it up, but came up short leaving the score at 8-6.

See HQBN, C-8

Marine Corps Athlete of the Year stands out in the crowd

Lance Cpl. C. Warren Peace
MCB Camp Butler

CAMP HANSEN, OKINAWA, Japan — At first glance, he might not seem like the most approachable man — with his "cauliflower ears," brutish build and aggressive nature on the wrestling mat, but Sgt. Jacob A. Clark has devoted a large amount of his free time to helping others.

In the past year of Clark's life, he has accomplished more than has been asked of him by his command and his family. He was selected as the 2004 Marine Corps Athlete of the Year.

Recently, he returned from a trip around the world where he visited Marine Corps Base Quantico, Va., and accepted his plaque for Marine Corps Athlete of the Year from the Commandant of the Marine Corps Gen. Michael W. Hagee.

"I was overwhelmed by the whole experience," said the 25-year-old South Saint Paul, Minn. native. "I got a chance to meet the commandant and Sergeant Major of the Marine Corps and speak with famous former Marines like Walter Cronkite and Drew Carey."

With all of Clark's success, such as winning two gold medals in the 84-kilogram weight class in the Greco-Roman and Freestyle sessions at the Armed Forces Wrestling Championships, April 8, he hasn't lost his connection with fellow Marines or wrestlers.

In March he put together Team Okinawa, a wrestling club that gives wrestlers living on Okinawa, who are interested in competing, an opportunity to reach their individual goals.

Steve T. Courtney, a member of Team Okinawa, was taken under Clark's wing when they met at a local competition in April. The 16-year-old Stafford, Va. native's goal was to compete in the U.S. Junior National Wrestling Championships. In late July, the Kubasaki High School junior completed his goal and was the first American, not living in the United States, to participate in the competition.

"He is awesome," Courtney said of Clark. "He trains with me daily ... usually on his own time."

Clark's brother inspired him to join the Marine Corps.

"He served his country as a Marine and had the opportunity to wrestle, too," Clark said. "That really caught my eye."

Clark, a personal property interviewer with the Traffic Management Office on Camp Foster, said that he is a Marine first, but is proud to serve in a unit that encourages him to excel outside of his military occupational specialty.

My command has been extremely supportive in allowing me to represent the Marine Corps and TMO in the sport of wrestling," he said.



Official Marine Corps Photo

Cpl. Jacob A. Clark displays his 2004 Marine Corps Athlete of the Year plaque. Clark is flanked by the Commandant of the Marine Corps Gen. Michael W. Hagee (left) and Sergeant Major of the Marine Corps John L. Estrada for a photograph at The Clubs, July 29. Some of Clark's accomplishments that helped him earn the award are winning two gold medals in the 84-kilogram weight class in the Greco-Roman and Freestyle sessions at the Armed Forces Wrestling Championships, April 8. Clark is a personal property interviewer with the Traffic Management Office on Camp Foster, Okinawa, Japan.

K-Bay Lanes to host OIA tournament

Yibeli Galindo-Baird
Marine Corps Community Services Marketing

Once again K-Bay Lanes Bowling Center is the proud host of another championship tournament. This past Saturday, as has been and will be the case during the entire season, all 24 lanes were filled and there was hardly any room to walk as spectators, coaches, players and fans filled the bowling facility and its snack shop.

What event drew this size crowd? In an effort to open its doors to the community, K-Bay Lanes has welcomed the more than 120 participants in this year's Oahu Interscholastic Association Bowling Championship, Eastern Division, to its state-of-the-art facility.

Deborah Bruns, K-Bay Lanes manager, said

that it was not hard to bring the championship to the base. Besides providing the exact number of lanes needed to enable the 12 high school boys' and girls' teams to play, simultaneously, K-Bay Lanes offers amenities that few other bowling centers can match.

We have air conditioning, it's clean and safe, there's no smoking, and we have electronic scoring, she added. The large parking lot and convenient access to food via the Kingpin Café were just icing on an already decked-out cake.

According to its Web site, The Oahu Interscholastic Association, also known as the OIA, was first organized in 1940 and made up of five rural high schools — Castle, Kahuku, Leilehua, Waialua and Waipahu. The OIA now has 24 member schools that compete in 19 different junior varsity and varsity-level sports, one of which is bowling.

The bowling season, which lasts six weeks, began in mid-September and will run through the end of October, with all Saturday games being played at K-Bay. During that time, 11 matches will be held at three games per match, yielding the top two teams who will face the Western Division during the finals. As Bruns puts it, it will be the "East meets West" match.

Individual awards will also be presented to the top 15 scorers who will also, amongst themselves, compete for a spot in the finals. Two top-scoring teams, 40 girls and 42 boys, will advance as individuals to the state finals, which will be held at Fort Shafter in mid-November. The boy, girl and teams with the highest pin fall after six rounds will be the OIA champions.

The mission of the OIA is to promote unity and cooperation amongst the member schools

in the establishment and administration of policies and regulations for implementing an interscholastic athletic program. The association shall stress educational and cultural values, promote skills in competitive activities and foster sportsmanship and mutual respect.

"This is an annual event. If it stays this size, we hope that they'll come back to K-Bay next year," said Bruns, who also coaches Castle High School's boys' team and has done so since 1996.

As an alumna of Castle, when she was asked to coach she thought this was her chance to give back and do something for the school. The boys' team is fortunate, considering that Bruns is this year's Marine Corps top female bowler by score and proud USMC representative in The Hawaii All-Military Bowling Team.

See BOWLING, C-8

BASE SPORTS

Saturday

HSL-37 Splash & Dash — An amphibious assault is coming to Kaneohe Bay.

Military and civilian biathletes are invited to Marine Corps Base Hawaii, Kaneohe Bay to test their fitness skills.

The swim comes first in this race, which starts at Hangar 103. Swimmers will battle along 500 meters of a triangular course in Kaneohe Bay.

Participants will then don their running shoes and hit the pavement for a five-kilometer run.

All participants will receive a T-shirt and medal. Entry fee is \$15.

To register or for the HSL-37 Splash & Dash, call MCCS Athletics at 254-7591. For more details, or to print your registration form from the MCCS Web site, www.mccs.hawaii.com.

Wednesday

SNCO Ghoulish Golf Tournament — All Staff NCOs, DoD civilians and sponsored guests are welcome to show off their swings at the SNCO Ghoulish Golf Tournament, held at the Marine Corps Base Hawaii Klipper Golf Course.

If Halloween isn't a good excuse to play golf, then there never is one. The format for the fun is a four-man, best-ball scramble. Each team must have an A, B, C, and D handicap level player: Zero to 8, 9 to 17, 18 to 26, 27-plus, respectively.

If you do not have an established handicap, please estimate — no sandbagging! The costs for the tournament are \$43 for all SNCO Club members, \$48 for all SNCO non-members, \$55 for field-grade officers and DoD civilians and \$60 for invited guests. The price includes golf fees, carts, refreshments and prizes.

Prizes for the first-, second-, third- and last-place teams will be awarded as well as prizes for the longest drive and closest-to-the-hole. The tournament begins at noon, but head there early and grab a meal from the Fairway's Sports Grill. Entrants may contact the Klipper at 254-3220 or Mark Drinkwater at 257-2600.

Friday

Fall Swim Lessons Session 2 — Join the Kaneohe Base Pool for Swim Lessons Session 2, for eight classes, held Tuesday through Friday for two weeks. The class costs \$35 and numerous lessons are available for all levels of instruction.

For details, call 254-7655.

Nov. 23

Intramural Turkey Shoot Golf Tournament — Shoot for the Kaneohe Klipper

Golf Course, Nov. 23, for the Intramural Turkey Shoot Golf Tournament. Register now at the Semper Fit Center or on the course by 10:30 a.m. on the day of the event as flights begin at 11 a.m.

The event is open to all active duty and authorized DoD civilians. The fees are \$11 for E-1 through E-5, \$17 for E-6 through E-9 and officers.

For civilians, the price of \$24 does not include a golf cart rental. Active duty personnel will earn Commander's Cup points. For more information, call 254-7591.

Ongoing

Football Hits K-Bay — Intramural Tackle Football Season is underway. This week's Monday night matchup will take place at Bordelon Field aboard Camp Smith at 6 p.m.

If you're not playing, make a pass by the field and support your unit's team. Game-day concessions are always available. For details, call 254-7591.

Commander's Cup Bowling League — The Commander's Cup Bowling League is underway, but it is still not too late to get your team registered.

The league runs Mondays at 6 p.m. until Jan. 9 at K-Bay Lanes. The weekly cost is \$8, and a one-time sanction fee of \$16 for men and \$15 for women applies. For more information, call 254-7693.

Parents for Fitness — This cooperative babysitting effort is available at the Semper Fit Center for children 6 weeks and older.

All active duty service members

and their families may participate; however, PFFP participants are required to volunteer baby-sit three times per month.

For more information, call 291-9131.

Okinawa Kenpo Karate — Every Tuesday and Thursday, join MCCS Youth Activities' contractor for Kenpo Karate Kobudo classes, held from 6 to 7:30 p.m. in Building 1391, located behind the old 7-Day Store.

Adults and children are welcome. Costs for classes are \$35 for adults, \$25 for children, and \$20 for additional family members. For information, call MCCS Youth Activities at 254-7610.

Massage Therapy — Massage therapy, by certified massage therapists, is available at Kaneohe Bay and Camp Smith. Massage therapy will help relieve your mental and physical fatigue and improve overall circulation and body tone. Choose from Shiatsu, Swedish, Lomi, deep-tissue and even hot-rock therapy.

For appointments, call the K-Bay Semper Fit Center at 254-7597 or Camp Smith at 477-5197 during regular business hours, Monday through Friday.

Fishing Charters Available at MCB Hawaii — Spend the day

aboard one of Bill Collector's fishing charter boats.

For more information, stop by the Base Marina located in Building 1698, across from Hangar 101, or call 254-7666/7667.

Inexpensive, Fun Entertainment — Look no further for economical entertainment, Mondays through Thursdays, at the K-Bay Lanes where all E-1 to E-5 can receive free rental shoes and discounted games at only \$1.50.

For more information, call K-Bay Lanes at 254-7693.

Color Pin Special — Every Wednesday, when you roll a strike and a colored pin is in the headpin position, you can win up to three free games of bowling. All patrons are welcome to take advantage of this deal. If you make the play, you win!

For more information, call the K-Bay Lanes at 254-7693.

Personal Trainers Available at Semper Fit — For those looking to get into a tailored exercise regiment, or for those just looking for some good advice on weight management and weight control, the Semper Fit Center offers free personal training consultation.

You can schedule an appointment with a trainer who will take body-fat measurements, blood-pressure and heart-rate readings.



HTMC Plans Manoa Hike

At 8 a.m. on Saturday, the Hawaiian Trail and Mountain Club will be tackling a three-mile intermediate hike along the Nuuanu-Manoa valley and ridge.

If you don't mind getting wet crossing a stream, hiking through a bamboo forest, and spending most of the time amongst the shade of trees, this hike may be for you. Although not a super hike, this hike has its own ridge traverse, too! This one starts in Nuuanu Valley and ends up in Manoa Valley after some ups and downs. Contact coordinator Justin Ohara at 778-8629 for details.

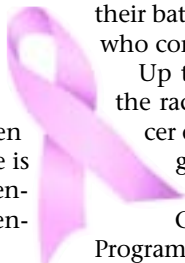
A \$2 donation is requested for each non-member age 18 or older. A responsible adult must accompany children younger than 18. Bring lunch and water on all hikes and wear sturdy shoes and clothing. Firearms, pets and radios, or other audio devices, are prohibited on hikes.

Check out the HTMC Web site at www.geocities.com/Yosemite/Trails/3660 for more information.

Susan G. Komen Race for the Cure

The mission of the Susan G. Komen Breast Cancer Foundation Hawaii Affiliate is to eradicate breast cancer as a life-threatening disease by advancing education, screening and treatment.

The 11th Annual Komen Hawaii Race for



WEEK 7 NFL PICKS WINNER



Sgt. Ramon G. Ortiz

Range Training Management Chief, G-3

"Some of the games were no-brainers. As predicted — I was right. Now, for some of them the prediction didn't go as planned but that's alright — I still won this week. So, better luck next time to all you people out there who challenge me." Monday night total score: **36**

"My picks for week seven are ..."

Detroit @ Cleveland	San Fran @ Washington
Green Bay @ Minnesota	Dallas @ Seattle
Indianapolis @ Houston	Baltimore @ Chicago
Kansas City @ Miami	Buffalo @ Oakland
New Orleans @ St. Louis	San Diego @ Oakland
Pittsburgh @ Cincinnati	Denver @ NY Giants
San Diego @ Philadelphia	Tennessee @ Arizona

COMMUNITY SPORTS

the Cure will take place Sunday at 7 a.m. at Kapiolani Park and will consist of a five-kilometer run or a one-mile run/walk.

Participants can run or walk, individually or as part of a team. Team registration forms must be mailed in together. Individual entry fees, if postmarked by Saturday, are \$30 for untimed entries and \$35 for timed entries.

All participants will receive an official Komen Hawaii Race for the Cure T-shirt.

Sleep-in entry fees are \$25 for those not participating in the run/walk events, but will receive a race T-shirt and pillow case.

More than 500 breast-cancer survivors are expected to attend. There will be a survivor recognition ceremony prior to the race.

Breast-cancer survivors who wish to be recognized may pick up their complimentary pink cap and pink T-shirt at packet pickup.

All participants are invited to recognize special people who have been touched by breast cancer. "In memory of" or "in celebration of" back signs will be available at packet pickup and on race day.

A tribute wall will be available next to the survivor's tent for you to post a picture and record a message to remember those who have lost their battle with breast cancer, or to honor those who continue to fight.

Up to 75 percent of the net proceeds from the race will go to fund local-area breast cancer education, screening and treatment programs and at least 25 percent will help fund the Susan G. Komen Breast Cancer Foundation National Grant Program.

For more information call 754-1817, e-mail

race@komenhawaii.org or visit www.komenhawaii.org/race.htm.

Haleiwa Triathlon

The Bikefactory will host the 6th Annual Haleiwa Triathlon, Oct. 30.

Athletes will race their way around the North Shore town by participating in a 400-yard swim inside Puaena Point, a 12-mile bike ride around Haleiwa and a three-mile run, racing one mile on the beach.

Racers can enter the elite division, age group divisions or military division. Relay teams of men, women, or mixed groups will also be allowed to enter.

Entry fees are \$70 for individuals or \$105 per team. Participants will receive a long-sleeve T-shirt. Entries must be postmarked by Saturday. Entry forms are available at the Bikefactory or online at www.hawaiiswim.com. Participants can also register online at www.active.com.

Kailua Beach 10K Run

Boca Hawaii will sponsor an early-morning run in Kailua, Nov. 6 at 6:30 a.m. The Kailua Beach 10K Run is a measured 10-kilometer course that starts at Kailua Beach Park Pavilion parking lot and goes to Lanikai on the bike path. Runners continue twice around the Lanikai Loop, returning to the Kailua Beach Pavilion to finish line. Random prizes to be drawn after the race, so runners should stick around and enjoy

some post-race refreshments before heading off to the beach.

Entry fee is \$20 by Friday. Participants can get an entry form online at www.bocahawaii.com or register at www.active.com.

Mountainmanfest Races at Kualoa Ranch

Mountainmanfest is celebrating 11 years of race fun with a weekend of activities, Nov. 19 and 20. No one can get enough of the rugged and breathtaking course at beautiful Kualoa Ranch, so join Boca Hawaii for its last race of the year.

Choose between the 8K Trail Run, the 20K Mountain Bike Race, the sprint distance Mountain Bike Triathlon — or do all three. Bring the family and let the children have a turn at participating in the Keiki Fun Run Trail Run. Lots of prizes to be given away at the post race party on Sunday evening at Gordon Biersch Restaurant.

Registration costs are \$22 for the run, \$25 for the bike race, \$70 for the individual triathlete and \$90 for teams. The Keiki Fun Run has \$10 fee. Athletes should register by Nov. 7 to avoid a \$5 late fee.

For more information, visit www.boca.hawaii.com or to register go to www.active.com.

Hawaii Marine Accepts Briefs

To post sports and recreational briefs in the Hawaii Marine, e-mail requests to editor@hawaiimarine.com or call 257-8835.





The Bottom Line

(Editor’s Note: “The Bottom Line” is the Hawaii Marine’s weekly sports commentary from two sports aficionados who rarely see eye-to-eye when it comes to America’s one true obsession — sports. Chances are you’ll either agree with one of their takes or disagree with both. The Hawaii Marine welcomes your e-mails of no more than 250 words. We will print the top comment of the week from our readers. Send “Readers Strike Back” comments to editor@hawaiimarine.com. Remember, “If you don’t speak up, you won’t be heard.”)

Can the NHL break the ice with fans?

Kristin Herrick
The Cheese

Most people are familiar with the phrase, “You don’t know what you’ve got until it’s gone.” It can apply to almost anything — money, a job, or a significant other. Hockey fans are apparently very familiar with the saying as they turned out in record numbers for the opening night of the 2005-06 NHL season.

After taking all of last season off to negotiate the terms of the new collective bargaining agreement, the Zambonis are back on the ice and so are NHL players across the U.S. and Canada. That means the live-for-hockey fans had to get their fix and came out of hiding to fill arenas to 98.1 percent capacity on opening night. The Cheese imagined thousands of face-painted, shirtless maniacs pounding on the glass, reminiscent of Puddy’s days on Seinfeld. Ahhhhhh, the excitement!

Now The Cheese admits, she hasn’t watched much hockey since Russell Crowe starred in “Mystery, Alaska” and since she didn’t have enough cash for a ticket to the

mainland to watch a game live, the NHL’s big return to the rink was absent in the Herrick household. Apparently, The Cheese stands alone on this one, though, as Fox Sports Net reported a 3 percent gain in ratings from the 2003 opening night. There are a lot of people watching hockey — somewhere.

Bottom Line: Despite worries over whether or not hockey fans would forgive the lack of a 2004-05 season, it seems they have. Maybe folks want to see if Wayne Gretsky can do great things as a coach, or maybe they just love watching guys in a lot of padding beat each other with sticks. Or maybe clever marketing schemes had something to do with it. Whatever the reason, the NHL’s year off did nothing to deter fans from attending games or watching them at home — if anything, it made them show their support so their favorite team will be around to enjoy another decade or two in the NHL. Usually, when you lose something it’s gone forever. Hockey fans have had a taste of life without the NHL, and now that it’s back, they’ll hold onto it as tightly as possible.

Sgt. Joseph A. Lee
The Sergeant

I don’t care what anyone says; watching guys beat each other with sticks is just plain cool.

Though The Sergeant’s NHL experience and knowledge is about as extensive as NHL ‘94 for the Sega Genesis, he does know that the most fun part of the game was gaining enough speed to check the sense out of another player against the Plexiglas. So what is it that makes hockey so cool? It’s the combination of speed, ice, steel blades, big sticks, 100-mile-an-hour pucks, and the good chance of seeing some blood.

The Northern states and Canada have for sure missed their frigid sport, and EA Sports would be forever missing a video game in their extensive sports line-up if hockey didn’t make its return, so the return of hockey is definitely a good thing for all — let the bludgeoning resume!

But the situation with the NHL is a fairly simple fix, in my view — there just aren’t enough fans. So what do we do when people aren’t very interested? Mix things up a bit!

The NHL needs to take a few of those pesky masks and pads off, and the future of the NHL would be forever bright. Sure, we might have a few deaths here and there, but that’s what makes good entertainment. I’m sure not many would argue that the best part of a hockey game has always been the brawls, but now that we can see that in the NBA, people may have just lost purpose in watching just to see a fist fight.

So, now that the NBA has incorporated fighting in their regular programming, the NHL needs to step it up a notch and offer something the rest of the professional sports don’t have: the possibility of dismemberment maybe?

Bottom Line: Welcome back NHL — but before we have this problem again, spice up the programming a bit to get more fans! Maybe incorporate some sexy, scantily clad NHL cheerleaders on ice skates or something. That might do the trick without the blood and guts. But it’s one or the other in American programming: sex or blood. If you want popularity and ratings, you must have one or the other — pick one.

Cheese (2–4)

Detroit @ **Cleveland**
Green Bay @ Minnesota
Indianapolis @ Houston
Kansas City @ Miami
New Orleans @ **St. Louis**
Pittsburgh @ Cincinnati
San Diego @ Philadelphia
San Francisco @ **Washington**
Dallas @ Seattle
Baltimore @ Chicago
Buffalo @ Oakland
Denver @ N.Y. Giants
Tennessee @ Arizona
NY Jets @ **Atlanta**

The Cheese took a mathematical approach to this week’s picks. A lot of teams had identical records, so there I went with my gut instinct, which has proven to be a little off as of late. Monday night total score: : **47**

Week Seven Picks

To play, clearly circle the teams you think are going to win. Drop your picks off in the ammo can by or under the door of Room 19 in Building 216 by Saturday night. The person who has the most correct picks will get to boast in the Hawaii Marine and fill us all in on their following week’s predictions. The closest to the total score for Monday Night’s game, without going over, will determine the winner in the event of a tie.

Detroit @ Cleveland	San Francisco @ Washington
Green Bay @ Minnesota	Dallas @ Seattle
Indianapolis @ Houston	Baltimore @ Chicago
Kansas City @ Miami	Buffalo @ Oakland
New Orleans @ St. Louis	Denver@ N.Y. Giants
Pittsburgh @ Cincinnati	Tennessee @ Arizona
San Diego @ Philadelphia	NY Jets @ Atlanta

Monday Night Tiebreaker (NY Jets @ Atlanta): _____ points.

NAME: _____ PHONE: _____

Sarge (4–2)

Detroit @ **Cleveland**
Green Bay @ Minnesota
Indianapolis @ Houston
Kansas City @ Miami
New Orleans @ **St. Louis**
Pittsburgh @ Cincinnati
San Diego @ Philadelphia
San Francisco @ **Washington**
Dallas @ **Seattle**
Baltimore @ Chicago
Buffalo @ **Oakland**
Denver @ N.Y. Giants
Tennessee @ Arizona
NY Jets @ **Atlanta**

Wow — I can’t believe how close The Cheese and The Sergeant are on our picks this week. The only differences being the Dallas game and the Oakland game. But of course, Dallas will go down in flames. Die, die, die Dallas. Monday: **35**

Texas town joins Marines in annual Mud Run

Lance Cpl. Jason D. Laseter
MCAGCC Twentynine Palms

NAVAL AIR STATION-JOINT RESERVE BASE FORT WORTH, Texas — More than 1,600 participants and 2,000 spectators gathered on the Marine Aircraft Group-41 flight line Saturday for the 6th annual MAG-41 Mud Run at Naval Air Station-Joint Reserve Base Fort Worth, Texas.

“The Marine Mud Run is really becoming an annual tradition in Fort Worth,” said Maj. Paul Courtaway, Mud Run event director and Marine Reservist. “This is probably one of the few times that people can actually roll in the mud and do something good for the communi-

ty at the same time.”

Participants had to slog through the 10K (6.3-mile) course, tons of mud and more than 30 obstacles.

“We like mud, and we like running and it just seemed great to combine the two,” said Ellie Slack, member of the all-female team “Dirty Darlings.” “Instead of walking through the mud, if it was deep enough, we swam.”

Obstacles along the way included a cargo net, a wall, a 25-foot “stairway to heaven” ladder, tunnels, and several pits and pools all filled with muck. The signature obstacle is a pair of 75-foot-tall mud hills with a 4-foot-deep pool of mud between them.

“The tunnel was a little scary. I’m not going

to lie, it was fun, but it was scary,” said Haley Heard, a member of a co-ed team from Dallas. “I wasn’t expecting how heavy I was going to be when I got done.”

The event, which is open to anyone, is broken down into different classes, with races for single runners, all-male, all-female, co-ed, corporate, government service, and kids teams. Runners may either compete based on time, or they may choose to just take it easy and have fun.

Though they may race individually, many runners like the motivation and support they get from racing with a team.

The “Dirty Girls,” a junior ROTC team from Stony Point High School in Round Rock, Texas,

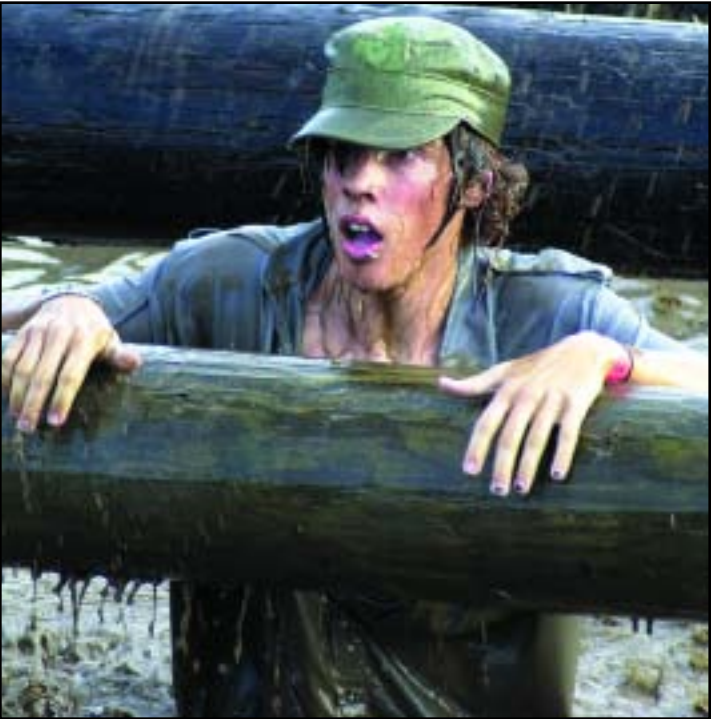
ran for the motivation.

“As a team, the obstacles were great,” said Micki Eubanks, “but if you’re doing them by yourself, for us short folk the wall would have been one of the most difficult.”

The event drew runners from all branches of the military as well as police and firefighter units, college students, athletes, and participants from all over the surrounding community.

Mark Lippha and his team, “SRT,” a tactical unit with the Department of Homeland Security / Immigration and Customs Enforcement, came out for the camaraderie and

See MUD, C-6



Lance Cpl. Jason D. Laseter

More than 1,600 participants and 2,000 spectators gathered on the Marine Aircraft Group-41 flight line Saturday for the 6th annual MAG-41 Mud Run at Naval Air Station-Joint Reserve Base Fort Worth, Texas. Obstacles along the way included a cargo net, a wall, a 25-foot “stairway to heaven” ladder, tunnels, and several pits and pools all filled with muck. The signature obstacle is a pair of 75-foot-tall mud hills with a 4-foot-deep pool of mud between them.

Did You Know?

- Many bicycle injuries can be prevented by wearing a helmet. Always wear a correctly-fitting helmet when riding. Even children using tri-cycles or bikes with training wheels should wear helmets. Adults should also wear helmets at all times, including when riding with children. The Bicycle Helmet Safety Institute has more information on how to fit a helmet.
- Be sure that helmets meet standards set by the Consumer Product Safety Commission, the Snell Memorial Foundation or the American Society for Testing and Materials. Look for a label or a sticker on the box or inside the helmet indicating that it meets the above standards.
- Wear closed shoes when riding a bike.
- Make sure your bike and your child’s bike have good brakes, a front light and effective reflecting material.
- Ride only in safe areas and at safe times.
- Make sure bikes are the correct size for the rider.
- Learn about bicycle etiquette, laws, and safe riding practices and teach your children about them.

— American Red Cross

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Digital mammography trial results announced: Many women may benefit from digital mammograms

Press Release

National Cancer Institute

Preliminary results from a large, clinical trial of digital vs. film mammography show no difference in detecting breast cancer for the general population of women in the trial. However, those women with dense breasts, who are pre- or perimenopausal (women who had a last menstrual period within 12 months of their mammograms), or who are younger than age 50 may benefit from having a digital rather than a film mammogram. The results were reported Sept. 16 in a special online publication of the New England Journal of Medicine and at a meeting of the American College of Radiology Imaging Network in Pentagon City, Va.

The trial, sponsored by the National Cancer Institute, part of the National Institutes of Health, was conducted by a network of researchers led by ACRIN. “These results will give clinicians better guidance and greater choice in deciding which women would benefit most from various forms of mammography,” said senior author, Etta Pisano, M.D., University of North Carolina at Chapel Hill.

Secondary goals measuring the relative cost-effectiveness of both digital and film technologies, and the effect on participant quality of life due to the expected reduction of false positives are still being assessed and will be reported at a later date.

“This digital mammography study demonstrates how new technologies are expanding our ability to detect breast cancer earlier in more women. The study corroborates NCI’s commitment to exploring advanced technologies in a wide range of clinical applications and the critical role they can play in making cancer a manageable disease,” said NCI Director Andrew C. von Eschenbach, M.D.

Starting in October 2001, the Digital Mammographic Imaging Screening Trial enrolled 49,528 women who had no signs of breast cancer at 33 sites in the United States and Canada. Women in the

trial were given both digital and film examinations. Examinations were interpreted independently by two different radiologists. Breast-cancer status was determined through available breast-biopsy information within 15 months of study entry or through follow-up mammography 10 months or later after study entry.

Digital mammography takes an electronic image of the breast and stores it directly in a computer, allowing the recorded data to be enhanced, magnified or manipulated for further evaluation. The electronic image also can be printed on film. Film mammography units use film to both capture and display the image. The sensitivity of film mammography is somewhat limited in women with dense breasts, a population at higher risk for breast cancer.

General Electric Medical Systems, Fuji Medical Systems, Fischer Imaging, and Hologic digital mammography systems were tested in the trial. Of these, all except for the Fuji system are already approved by the U.S. Food and Drug Administration and are available for clinical

use in the United States.


An estimated 211,240 women will be diagnosed with breast cancer in the U.S. this year, making it the most commonly diagnosed cancer in women. An estimated 40,410 women will die of the disease this year in the United States.



Did You Know

Girls and Boys Town...

- Provides treatment and care to more than 40,000 abused, abandoned and neglected girls and boys across the country each year.
- Provides assistance to nearly one million children each year by training parents, teachers and child-care professionals how to meet the needs of children in the 21st century.
- Has 19 sites located in 14 states and the District of Columbia.
- Assists more than 450,000 callers annually through the Girls and Boys Town National Hotline (800-448-3000).
- Cares for children regardless of race, color, creed, gender, national origin, or ability to pay. On average, girls make up about 50 percent of the youth cared for each year.
- For more information, call 1-800-217-3700, write to P.O. Box 8000, Boys Town, NE 68010, or visit www.girlsandboystown.org



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Right — Participants in the Marine Mud Run walk hand-in-hand to complete the grueling 6th annual MAG-41 mud run at Naval Air Station-Joint Reserve Base Fort Worth, Texas.

Below — A wading participant tries not to get any mud in her mouth as she makes her way through chest-deep sludge. Mud run obstacles included a cargo net, a wall, a 25-foot “stairway to heaven” ladder, tunnels, and several pits and pools all filled with muck.



Lance Cpl. Jason D. Laseter



Lance Cpl. Jason D. Laseter

Mud run contestants slip and slide their way through the course, Saturday, during this annual event.



Lance Cpl. Jason D. Laseter

MUD, From C-4

do a little “team building,” he said.

Some raced for the exercise, some for the experience, and some just to get dirty and have fun.

“It was a lot harder than I imagined,” said Lydia Prodanovich, a runner from Dallas. “But it was fun, it was challenging.”

The event began at 8 a.m. with the playing of the national anthem and a performance by the Marine Forces Reserve Marching Band, which was recently displaced by Hurricane Katrina. Ending the race was a trophy ceremony recognizing first-, second- and third-place winners in the following categories: Individual Male/Female, Co-ed, Government Services (Firefighters, Police, Game Warden) and Corporate Team.

Following the main event was a post-race celebration, sponsored by Miller Lite, featuring the local Fort Worth band Latin Express.

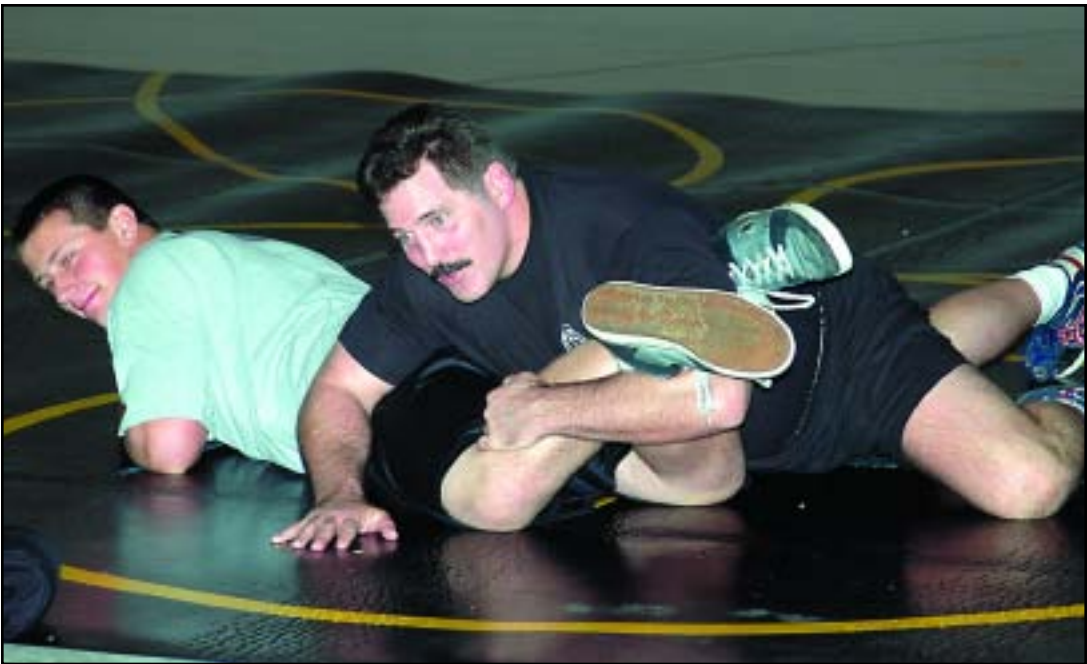
The event serves as the kick-off for the 2005 Dallas/Fort Worth Toys for Tots campaign. Funds raised from the charity Mud run are to benefit victims of Hurricane Katrina through the Toys for Tots program and a portion will be distributed to the Dallas and Tarrant County Young Marines Program.

Did You Know?

Here are suggestions for the contents of a first aid kit:

- Activated charcoal (use only if instructed by Poison Control Center)
- Adhesive tape
- Antiseptic ointment
- Band-Aids (assorted sizes)
- Blanket
- Cold pack
- Disposable gloves
- Gauze pads and roller gauze (assorted sizes)
- Hand cleaner
- Plastic bags
- Scissors and tweezers
- Small flashlight and extra batteries
- Syrup of ipecac (use only if instructed by Poison Control Center)
- Triangular bandage

— American Red Cross



Sgt. Phuong Chau

Professional wrestler and Ultimate Fighting Championship legend Dan Severn and Sean Radcliff, poolee, Recruiting Substation Puyallup, Recruiting Station Seattle demonstrates an ankle lock to poolees and Marines from RS Seattle Saturday at the Bally's Fitness Center in Puyallup, Wash. Severn was in the area to support the X-Fighting Championship at the Tacoma Dome in Tacoma, Wash.

Future Seattle Marines trained by ‘The Beast’

Sgt. Phuong Chau
12th Marine Corps District

PUYALLUP, Wash. — Professional wrestler and Ultimate Fighting Championship legend Dan “The Beast” Severn took time out of his busy schedule to talk with members of the Delayed Entry Program (poolees) and Marines from Recruiting Station Seattle, Sunday.

Severn was in town promoting a mixed-martial arts competition, the X-Fighting Championship at the Tacoma Dome where the Marines conducted a Pull-Up Challenge and Toys for Tots drive.

For three hours, Severn, a native of Coldwater, Mich., talked with the poolees about his experiences as a competitor and wrestler. Severn first fought in the UFC in 1994, winning the championship title three times. A Greco-Roman, Sambo and freestyle wrestler, Severn shared stories of his experience competing nationally and internationally winning more than 95 various titles in more than 4,000 matches. Severn is also a first-degree black belt in Combat Sambo and holds third-degree black belts in Judo and Jujitsu.

“The Beast” gave the future Marines a demonstration of various moves, illustrating the levels of pain a person can inflict on another with precision and economy of movement — maximum impact with minimal force. Sean Radcliff, a 17-year-old senior at White River High School in Buckley, Wash., helped Severn demonstrate an ankle lock and other deviations of the technique.

“It was pretty cool for us to be able to try this new stuff,” Radcliff explained.

The other poolees in attendance were excited and ready to go through some of the training that Severn provided.

“I think it is awesome. We are getting insight into the experience of what it is like to be in a fight,” said Dustin Perry, 17, a senior at Spanaway Lake High School, in Spanaway, Wash. Perry also happens to be the son of RS Seattle’s Recruiter Instructor, Master Sgt. Richard E. Perry.

Severn then ran the poolees through a physical training session and assisted them in performing various moves.

“This is a great way to build your self-confidence to help you know that you can handle anything that comes at you,” said Jason Riffle, a 17-year-old senior at Bethel High School in Spanaway, Wash.

Severn appreciated the opportunity to talk with the future Marines. He thinks that in this day and age, many young people are not tough enough to handle life challenges.

“When I look out here at all these young people, I realize that they are just beginning the journey, and that they will definitely be molded with the right mindset,” Severn said. “I hear all the time the words ‘I can’t.’ I want to hear ‘I will try to do my best.’”

With the future of the Marine Corps falling on the shoulders of these future Leathernecks, Severn, and our country, can be confident that these young men and women will develop the right mindset, according to Perry.

“It was great — showing the poolees how determina-

tion and courage can make you successful, which is all the things we offer in the Marines,” explained Sgt. Richard D. Chase, canvassing recruiter, Recruiting Substation Puyallup. “It took him (Severn) 30 years to accomplish that and the poolees will be able to accomplish it in three months (recruit training). Being able to get hands-on with a professional wrestler was motivating for the poolees.”

Severn praised the poolees for the choice they have made to serve in the Marine Corps.

“The military’s impact on young people is a necessity,” said Severn. “So very few here have ever been in a physical altercation. It is important for them to mature physically and mentally.”



Lance Cpl. J. Ethan Hoaldrige
Gary Goss, Warriors quarterback, scrambled free from Camp Smith’s defensive ends looking for the pass. The Warriors of Marine Corps Base Hawaii, Kaneohe Bay, Headquarters and Service Battalion defeated the Camp Smith Raiders 8–6 in an intramural football game at Bordelon Field, Oct. 19.

HQBN, From C-1

Camp Smith’s last drive of the game gave Camp Smith fans a glimpse of hope, as Brenden Villa’hashimoto, Raiders safety, ran for 18 yards on a fake punt in the fourth quarter. The Warrior’s defense contained Camp Smith for the remainder of the game, leaving the score 8-6. The Warrior’s remain undefeated.

“You could call it luck if you want. It wasn’t pretty, but the defense won the game for us,” said Avis Tolliver, Warriors head coach. “Both teams couldn’t execute on offense tonight.” Raiders players gave credit to the Raiders for their determination. “The Raiders played a heck of a game; they played with a lot of heart,” said Goss. The players agreed that next time they meet in the playoffs, it will be another hard-fought match.

BOWLING, From C-2

Of particular interest in this year’s championship is the first-time participation of the Hawaii Center for the Deaf and Blind. The boys’ and girls’ team would not have caught anyone’s eye as their integration with the rest of the schools was, in plain sight, quite natural. The Hawaii Center for the Deaf and Blind is just one of 12 teams that stepped up to the competition plate as their own team for the first time in this year’s OIA bowling championships. Coaches Steve Hanai, for the boys; and Eric Dela Pena, for the girls; are evidently proud of their teams and their accomplishments. “Some of them had never bowled before, so I knew it was going to be a challenge, “ said Pena. He said that they used to bowl with Kalani High School, but when communication issues arose among the players who did not know sign language, the HCDB felt it was time to create their own team. Both the girls’ and boys’ teams are composed of five players who practice on a weekly basis. “First we had to communicate rules to each other. Once we all learned the rules, there really wasn’t much difference between us and the other teams here,” Pena noted. Indeed, it was hard to pick out these teams from the rest. For example, the boys, like those from the other teams, showcased their skills with confidence and pride, and supported each other during each round, regardless of the pin fall count. Hanai, via sign language, gave them technique tips and kept them focused throughout the match. Perhaps because they were immune to the noisy distractions, which other teams had to battle, one could easily say both the girls’ and boys’ HCDB teams were among the most focused. Their courage as first-time competitors and their undeniable skills makes them teams to look out for. Pena said that bowling is the great equalizer in athletic ability. And indeed, in looking at this full house, all teams were equally outstanding. Care to catch some of the top teen bowlers in their prime? Drop by K-Bay Lanes Bowling Center this Saturday to catch the final round of games. You’ll see talent, positive attitudes, energy and good humor all gratefully housed in a top-notch facility that supports the community surrounding the base. For more information, call 254-7664.